

# ST. PAUL IN ST. PAUL

**Healthy Habits Lunch**

**NOVEMBER 2018**

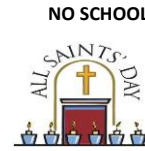
*A large salad will be available every day as a choice*



*\*= Baked*




*WG=Whole Grain Ingredients*



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2



# November

5	6	7	8	9
<p><b>HOT LUNCH</b> *Jumbo Corn Dog Corn Fresh Fruit/Seasonal Cookie Milk, Fat Free</p> <p><b>ALTERNATE</b> Mini Tacos</p>	<p><b>HOT LUNCH</b> <b>ELECTION DAY</b> Ballot Cheeseburger Democratic Smiley Fries Polling Place Peaches Republican Rice Krispies Treat Majority Milk</p>  <p><b>ALTERNATE</b> Vote For Me Dog</p>	<p><b>HOT LUNCH</b> PAPA JOHNS CHEESE PIZZA CARROTS &amp; CELERY WITH RANCH DRESSING CHILLED FRUIT MILK, FAT FREE</p> <p style="background-color: yellow;">DONUTS BEFORE SCHOOL \$1.00 CASH ONLY</p> <p><b>NO ALTERNATE</b></p>	<p><b>HOT LUNCH</b> <b>Veteran's Day</b> Tribute Toasted Ravioli Hero Green Beans Overseas Oranges Courage Cookie Memorial Milk</p>  <p><b>ALTERNATE</b> Red, White &amp; Blue Chicken Nuggets</p>	<p style="text-align: center;">1/2 DAY</p> <p style="text-align: center;">NO LUNCH SERVICE</p>

12	13	14	15	16
<p><b>HOT LUNCH</b> <b>HUG A BEAR DAY</b> Teddy Bear Bosco Stick with Koala Bear Sauce My Friend Mixed Veggies Best Buddy Fruit Teddy Grahams Companion Milk, Fat Free</p>  <p><b>ALTERNATE</b> Cuddly Chicken Taco</p>	<p><b>HOT LUNCH</b> <b>TACO TUESDAY</b> Crunchy Taco, WG Spanish Rice, WG Mexicali Corn Rainbow Sherbet Milk, Fat Free</p> <p><b>ALTERNATE</b> Cheese Quesadilla</p>	<p><b>HOT LUNCH</b> <b>CHICK-FIL-A DAY</b> GRADES PK-4 CHICKEN SLIDER FRENCH FRIES FRESH FRUIT/SEASONAL MILK, FAT FREE GRADES 5-8 LARGE CHICKEN SANDWICH AND FRIES \$5.25 <b>NO ALTERNATE</b></p> 	<p><b>HOT LUNCH</b> <b>NATIONAL PICKLE DAY</b> Pulled Pork Slammer Pasta Salad Pickle Slices Fresh Fruit/Seasonal. Milk, Fat Free</p>  <p><b>ALTERNATE</b> Chicken Drumsticks</p>	<p><b>HOT LUNCH</b> Frito Pie Corn Fresh Fruit/Seasonal Churro Milk, Fat Free</p> <p><b>ALTERNATE</b> Bagel Bites</p>

19	20	21	22	23
<p><b>HOT LUNCH</b> *Chicken Strips Corn Fresh Fruit/Seasonal Cookies Milk, Fat Free</p> <p><b>ALTERNATE</b> Beef Nuggets</p>	<p><b>HOT LUNCH</b> <b>THANKSGIVING FEAST</b> Open Face Turkey Mashed Potatoes with Gravy Mixed Veggies Brownie Milk, Fat Free</p> <p style="background-color: yellow;">ICE CREAM CUP \$1.00 CASH ONLY</p> <p><b>ALTERNATE</b> Chicken Drumstick</p> 	<p style="text-align: center;">1/2 DAY</p> <p style="text-align: center;">NO FOOD SERVICE</p>	<p style="text-align: center;">NO SCHOOL</p> 	<p style="text-align: center;">NO SCHOOL</p>

26	27	28	29	30
<p><b>HOT LUNCH</b> *Popcorn Shrimp *Seasoned Fries Mixed Vegetables *Cookie Milk, Fat Free</p> <p><b>ALTERNATE</b> Popcorn Chicken</p>	<p><b>HOT LUNCH</b> <b>NATIONAL FRENCH TOAST DAY</b> *French Toast Sticks Syrup *Bacon *Triangle Hash Brown Fresh Fruit/Seasonal Milk, Fat Free</p>  <p><b>ALTERNATE</b> Breakfast Burrito</p>	<p><b>HOT LUNCH</b> PAPA JOHNS PEPPERONI PIZZA TOSSED SALAD WITH DRESSING CHILLED FRUIT MILK, FAT FREE</p>  <p><b>NO ALTERNATE</b></p>	<p><b>NATIONAL SANDWICH MONTH</b> *Chicken Patty Sandwich WG *French Fries/Ketchup Green Beans Fresh Fruit/Seasonal Milk, Fat Free</p> <p><b>ALTERNATE</b> Grilled Cheese</p>	<p><b>HOT LUNCH</b> Manwich Sloppy Joe on WG Bun Green Beans Fresh Fruit/Seasonal Frozen Treat Milk, Fat Free</p> <p><b>ALTERNATE</b> Mini Corn Dogs</p>

**DAILY SPECIALS (GRADES 5-8 ONLY)**

CHICKEN PATTY ON BUN WITH CHIPS \$3.10	2 BOSCO STICKS WITH SAUCE \$3.00	PRETZEL WITH CHEESE \$1.75	CHICKEN STRIPS WITH FRIES \$2.90	DOUBLE CHEESEBURGER WITH CHIPS \$3.40
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*All FSC menus follow the USDA guidelines & Archdiocese Wellness Plan and have been approved by Registered Dietitian Associates, Inc. (does not include alternate entrée).*



**Food Service Consultants, Inc.**  
"Serving You With Pride"

